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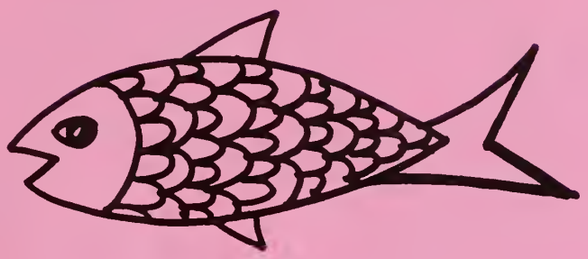
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FISH

a good choice for the thrifty family

Fresh



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CURRENT SERIAL RECORDS

Frozen



FILLETS

Canned



TUNA



SALMON



SARDINES

Helps build muscle

Fish is good any day of the week



Fish can be broiled, baked, or fried.

C&MS-39

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service

Crispy Fried Fish

2 pounds small dressed fish, fresh or frozen
1½ teaspoons salt
dash pepper
¼ cup milk
½ cup flour
¼ cup cornmeal
Fat or oil for frying

Thaw frozen fish. Clean, wash and dry fish. Add salt and pepper to milk. Mix flour and cornmeal. Dip fish in milk and roll in flour mixture. Fry in hot fat at moderate heat for 4 to 5 minutes or until brown on 1 side. Turn carefully and fry 4 to 5 minutes longer or until other side is brown and fish flakes easily when tested with a fork. Drain on paper. Serves 6.

Fish Stew

1 pound fish fillets, fresh or frozen
1 cup chopped onion
⅓ cup melted fat or oil
1 can (1 pound 12 ounces) tomatoes
2 cups cut-up potatoes
1 cup water
¼ cup catsup
½ teaspoon salt
dash pepper
1 can (1 pound) mixed vegetables

Thaw frozen fillets. Skin fillets and cut into small pieces. Cook onion in fat until tender. Add tomatoes, potatoes, water, catsup and seasonings. Cover and cook over low heat for 30 minutes. Add the fish, mixed vegetables and their liquid. Cover and cook 15 minutes longer or until potatoes are tender. Serves 6.

Salmonburgers

1 can (1 pound) salmon
½ cup chopped onion
¼ cup melted fat or oil
⅓ cup dry bread crumbs
⅓ cup salmon liquid
2 eggs, beaten
1 teaspoon mustard
½ teaspoon salt
½ cup dry bread crumbs
Fat or oil for frying

Drain salmon. Keep liquid. Break salmon into small pieces. Cook onion in fat until tender. Add ⅓ cup crumbs, salmon liquid, eggs, mustard, salt and salmon; mix well. Shape into 6 burgers. Roll in crumbs. Fry in hot fat at moderate heat for 3 to 4 minutes or until brown on 1 side. Turn carefully and fry 3 to 4 minutes longer or until brown on other side. Drain on paper. Serves 6.

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